FAIRCARE
Inclusion & Self-determination

Dillo in modo costruttivo

Cambia queste frasi con un tono più calmo e chiaro.

1. “Nessuno mi ascolta.”

→ Mi piacerebbe...

.....

es. “Mi piacerebbe avere più tempo per spiegare come mi sento.”

2. “Odio la mia routine.”

→ Mi potrebbe aiutare se...

.....

3. “Tu non mi chiedi mai nulla.”

→ Mi sentirei meglio se...

.....



What is the difference???

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